
Entry Level Cricket Program

DEVELOPING HEALTHIER,
HAPPIER, BETTER PEOPLE



Anyone can play anywhere, anytime, with anything

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LETTER OF ENDORSEMENT

Cricket is a sport that is watched by billions and played by millions of people around the world. It is fun, simple and easily adaptable to be played anywhere, by anyone, at any time. This program will give new participants to cricket a fun first experience that we hope will inspire a life-long journey with our great sport and welcome them as a member of the global cricket community.

In collaboration with the International Cricket Council, education departments worldwide will embrace the global game through this vibrant entry level program. This program has been developed by leading educational experts with the main purpose to getting children active.

Through the lens of cricket, children throughout the world can unite and develop not only the essential skills to allow them to be active, anywhere, anytime with anyone but to develop the most important skill of all; Personal Interaction. Through being active children can develop friendships through conversation and connections through collaboration of achieving tasks together.

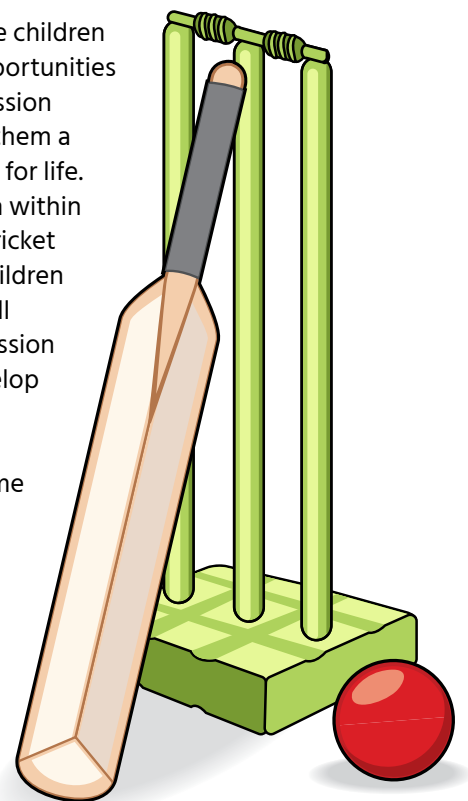
The entry level program has been designed with a focus on 'Gamification'. The experiences children will receive will have them attempting to become proficient at a level before attempting the next level in the learning sequence. The framework around this allows all children of all abilities to be successful in every learning outcome. Along with gamification our essential focus is built around small sided experiences so that children get a chance to interact with equipment all the time and as a result personal satisfaction and confidence will grow.

The global focus of the physical and mental wellbeing of our children is conceptualized around the pedagogical approach of 'Physical Literacy'.

“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

**International Physical Literacy Association
May 2014**

It is essential to give children a wide range of opportunities to develop their passion for activity to give them a chance to be active for life. Through interaction within this International Cricket Council program children across the globe will commence their passion for cricket and develop friendships that will allow them to play anywhere at any time with anyone.



ENTRY LEVEL PROGRAM PURPOSE

THIS PROGRAM IS THE FIRST FUN EXPERIENCE FOR SOMEONE NEW TO THE GAME

This program has been designed based on research, testing and feedback from a global community to deliver a fun first cricket experience for boys, girls, men and women in schools and community groups. Through physical literacy and values from the spirit of cricket, you will be helping develop healthier, happier and better people.

Cricket is a sport for all regardless of gender, cultural background, religion or ability. The entry level program has been designed to cater for participants of ALL abilities and facilitators and deliverers have the opportunity to get creative and deliver the best experience for the individual regardless of ability. In each session there are levels of progression which can be used as a starting point to increase or decrease

the difficulty of activities. Remember that no program is one-size fits all, so customising and modifying to ensure all participants can be involved is important.

This program is fun, easy to deliver and encourages people to be active for life within an inclusive environment that reflects cricket's purpose to unite, inspire and empower.

Assistance

For any assistance regarding administration or answering general questions please contact your National Cricket Federation:



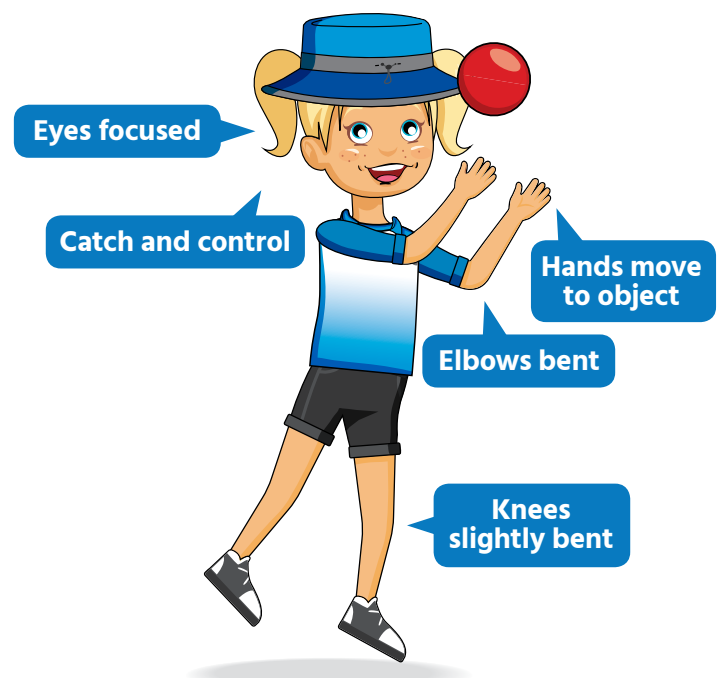


RESOURCES

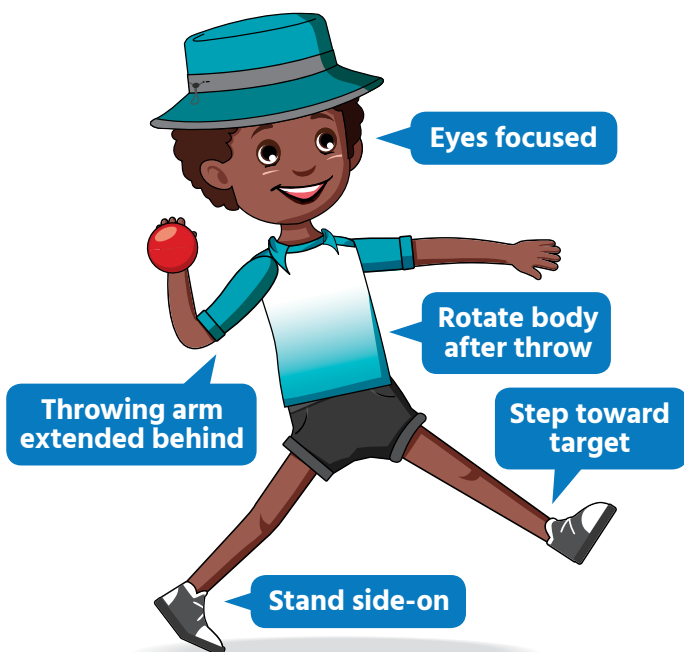
FUNDAMENTAL MOVEMENT SKILLS



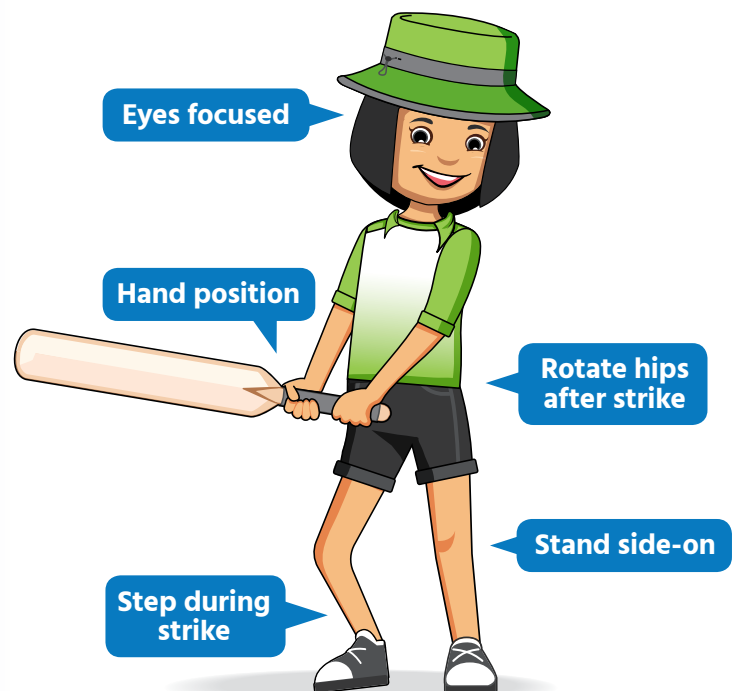
RUN



CATCH



THROW



2 HAND STRIKE

WHAT IS CRICKET?

CRICKET IS A VERSATILE SPORT THAT CAN BE PLAYED BY ANYONE, ANYWHERE, ANYTIME.

To gain a deeper understanding of the game and its main components, the International Cricket Council has produced some simple explainer videos on cricket:

Cricket Everywhere

Batting

Fielding

What Is Cricket?

Bowling



The Player Pathway

JOIN A CLUB

Cricket is a wonderful sport that can be played by all; men and women, boys and girls. It is a wonderfully flexible game that is ability based.

If the participants in your entry level program enjoyed playing and want to play organised games of cricket at a local club and make new friends – please contact your National Cricket Federation:

CRIIO

criio is a global social cricket movement where social cricket is celebrated, played, created and shared. It celebrates and embraces all ways that cricket can be played and connects new and existing participants through a digital platform that enables anyone to play anywhere, anytime.

If the participants in your entry level program enjoyed playing, this is the place for them to continue playing!

Facilitators are key

If you are a facilitator, thank you! The time and effort you are personally investing into this program is the single most important factor to ensuring participants have a fun first experience of cricket and puts them on the path to being happier, healthier, better people.

Finding, training and supporting facilitators is key to the success of this program which has been designed to equip you with important information, strategies and resources to help you create a fun and inclusive environment that enables you to create a positive experience and one that allows participants to enjoy the game, develop new skills, meet new friends and have some success along the way.

What do you need?

As well as being a sport that can be played by anyone, anywhere, anytime; it can also be played with ANYTHING as all that is needed is a bat and a ball.

Each session of the entry level program suggests equipment that can be used as well as alternative options and for anyone creative it will also provide tips on how you can make your own equipment from bats made of rolled up newspapers to balls made of plastic bags – ideal for school and environmental sustainability projects.



SESSION PLANS

PROGRAM OVERVIEW

PROGRAM	LEARNING INTENTIONS	SUCCESS CRITERIA	UNOFFICIAL START	HEALTHY HEART	SKILLS ROTATION	CONNECTOR GAME
				5 MINUTES	30 MINUTES	20 MINUTES
SESSION 1 EXPLORING THROWING, CATCHING & STRIKING	To explore throw, catch and strike in a fun and positive way.	<ul style="list-style-type: none"> ✓ I can catch in a variety of ways ✓ I can throw in a variety of ways ✓ I can strike a moving ball ✓ I can INSPIRE others by letting them know they have been amazing 	Skills Adventure: Circuit 1	Three Whistles	1. Catching: Partner Catch 2. Throwing: Clean Your Backyard 3. Striking: Moving Ball	Rapid Fire Reign
SESSION 2 THROW, CATCH, STRIKE STARTERS	To explore throw and catch in a fun and positive way. To start striking a moving ball.	<ul style="list-style-type: none"> ✓ I can catch in a variety of ways ✓ I can throw in a variety of ways ✓ I can strike a moving ball ✓ I can INSPIRE others by playing respectfully 	Skills Adventure: Circuit 1	Handshakes in One Minute	1. Catching: Individual 2. Throwing: Testing Your Range 3. Striking: Moving Ball	Rapid Fire Reign
SESSION 3 THROW, CATCH, STRIKE BUILDS & BOWLING STARTERS	To combine throw and catch in small sided games. To strike a moving ball using a bat of your choice. To start bowling a ball towards a target.	<ul style="list-style-type: none"> ✓ I can throw an object into a strike zone ✓ I can strike a moving ball of my choice ✓ I can bowl a ball into a strike zone ✓ I can UNITE others through teamwork and working in a small group 	Skills Adventure: Circuit 2	Snowball Tag	1. Throw/Catch: Repeat The Loop 2. Striking: Protect Your Castle 3. Bowling: Personal Targets Short Range	Around The World
SESSION 4 CATCH, STRIKE STARTERS & BOWLING	To combine throw and catch in small sided games. To throw, strike and bowl towards a target area.	<ul style="list-style-type: none"> ✓ I can bowl a ball into a strike zone ✓ I can catch at different distances ✓ I can strike an object towards a target using various items ✓ I can UNITE and work with others to throw and catch 	Skills Adventure: Circuit 2	Bowling Tag	1. Bowling: Crocodile Creek 2. Catching: Step Back 3. Striking: Hitting the Gaps	Around The World
SESSION 5 MOVE & CONTROL, STRIKE CONTROL	To move in a variety of ways whilst throwing and catching an object. Use small sided games to improve striking.	<ul style="list-style-type: none"> ✓ I can move in the direction of an object coming towards me ✓ I can move whilst throwing at a target ✓ I can control my bat to hit in 3 or more ways ✓ I can INSPIRE others by helping them have fun 	Skills Adventure: Circuit 3	Everyone's It	1. Catching: Partner Challenges 2. Throwing: Target Ball 3. Striking Zones: Collecting Points	Anywhere Cricket
SESSION 6 MOVE & CONTROL, STRIKE & BOWLING CONTROL	To move in a variety of ways whilst throwing and catching an object. Use small sided games to improve striking and bowling.	<ul style="list-style-type: none"> ✓ I can move in the direction of an object coming towards me ✓ I can move whilst throwing at a target ✓ I can control my bat to hit in 3 or more ways ✓ I can bowl towards a target ✓ I can UNITE people by helping others feel welcome 	Skills Adventure: Circuit 3	River Bowling Race	1. Catching: Personal Challenges 2. Throwing: Cup Stack and Strike 3. Bowling: Striking	Anywhere Cricket
SESSION 7 BUILD YOUR GAME	To use multiple skills when involved in small sided games. To encourage your team and help them understand the game.	<ul style="list-style-type: none"> ✓ I can INSPIRE people by using positive language to help and encourage others in my team ✓ I can UNITE people by explaining how to play our game to others ✓ I can demonstrate EMPOWERMENT by using different ways to add value to my team 	Skills Adventure: Circuit 4	Opposites	1. Build Your Game (5 mins) 2. Adjust Your Game (40 mins) 3. Pack Up Challenge (5 mins)	
SESSION 8 ANYWHERE CRICKET	To use multiple skills when involved in small sided games. To encourage your team and help them understand the game.	<ul style="list-style-type: none"> ✓ I can INSPIRE people by using positive language to help and encourage others in my team ✓ I can UNITE people by explaining how to play our game to others ✓ I can demonstrate EMPOWERMENT by using different ways to add value to my team 	Skills Adventure: Circuit 4	Shadows	1. ANYONE: Split your small group into two teams 2. ANYWHERE: Where are you going to play? 3. ANYTIME: What is your scoring method? 4. ANYTHING: What are you going to play with? 5. PLAY YOUR GAME: Now go out and have some fun...	

REFLECTION
5 MINUTES

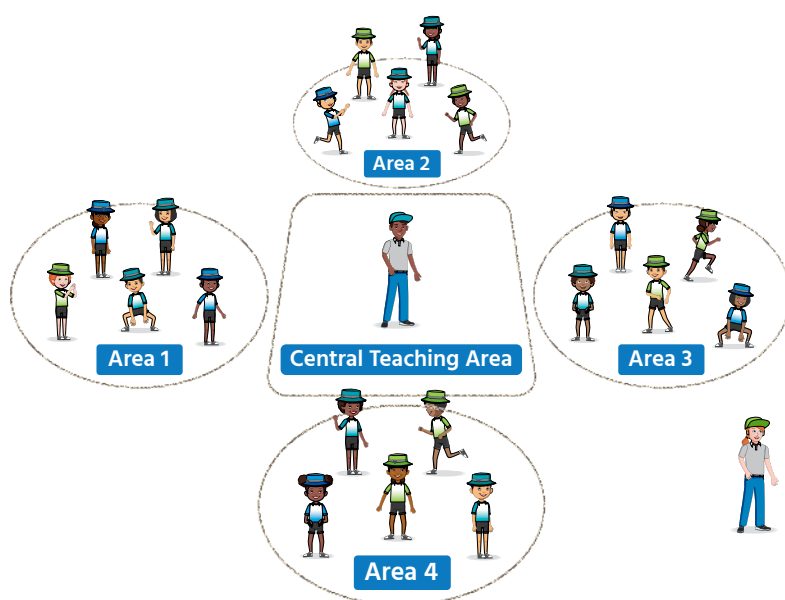
FACILITATOR'S MESSAGE

Dear Facilitators,

Thank you for taking the time to deliver the entry level cricket program for your community. As a facilitator you are instrumental in creating a program that will engage children into cricket through skills, games and friendships. Here are 5 tips to make sure your program is a success:

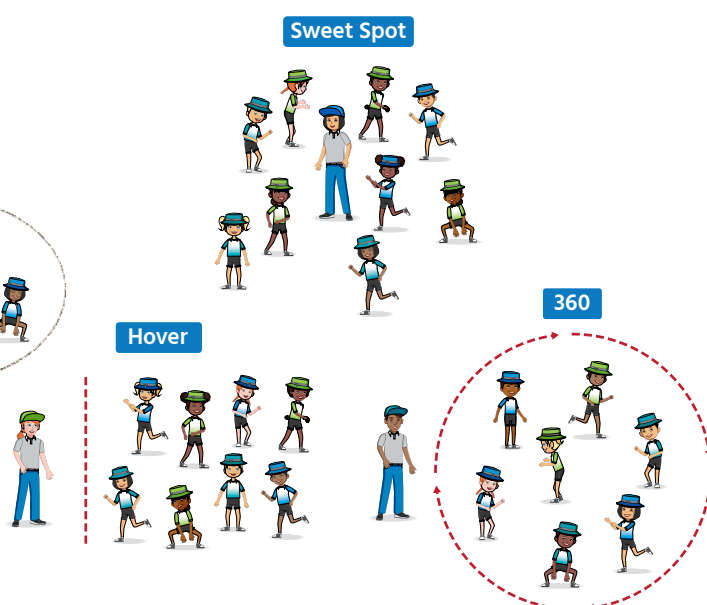
1. Your role as a facilitator is first and foremost to ensure the participants have a fun experience of cricket. Therefore, be energetic, positive and celebrate every effort a child makes. All program facilitators should be ready to provide not only skill knowledge for children to become better but also to provide them with a wonderful time.
2. Be creative and feel free to adapt the activity to your surroundings. Our program is designed to be conducted anywhere. Ensure your location is safe for all participants and your chosen equipment is in a condition where it will not harm any users.
3. Your community may have participants at all different levels. This program provides three different levels per skill activity for all children to find some success. It is our advice for children to try and complete two levels of learning per skill practise.
4. Children work more effectively when unfamiliar experiences have familiar faces. Allow children to group themselves initially with those they know and trust. This will reduce anxiety and stress.
5. Consider the time of day and the weather when you are conducting this program. Long exposure to the sun can be dangerous to a child's health. Be considerate in this event so children do not spend long periods of time in hot sun or cold and wet conditions. Look for alternate venues where you can conduct and modify your session.

Be positive, enthusiastic and creative and you will be successful!
All the best and inspire your community.



Setting Up

- Create a central teaching area
- Learning areas are on edges
- Children work in small groups








Coaching Style

HOW TO MOVE
WHEN YOU COACH

SESSION STRUCTURE

The table below outlines the structure of each session. These are the same for each session, except for sessions 7 & 8 to allow for additional game time to test participant skills and prepare them for the next stage of their cricket journey. The curriculum has been designed to run over 8 weeks, with 1 session each week. For programs that require to be longer or shorter you can choose your favourite activities to build your own sessions following the same structure.

 30 MINUTES PRIOR TO SESSION	SET UP
	UNOFFICIAL START: SKILLS ADVENTURE
 5 MINUTES	ENGAGEMENT ACTIVITY: HEALTHY HEART
 30 MINUTES: 10 MINUTES PER ACTIVITY	SKILLS ROTATION
 20 MINUTES	CONNECTOR GAME
 5 MINUTES	REFLECTION AND PACK UP

SET UP (30 MINUTES PRIOR TO SESSION)

- The most important time for facilitators. Arrive early to coordinate the set-up of all skill activities.

UNOFFICIAL START: SKILLS ADVENTURE

- The skills adventure is a set of 4 random activities that a child can work independently on while the facilitator is waiting for all children to arrive for today's session. This should be set up before children arrive and conclude at the start of your scheduled time.
- This free play is important to prepare participants physically and mentally for the session. This time allows participants to get creative with new skills, experimenting to see if they can work out these skills for themselves.

ENGAGEMENT ACTIVITY: HEALTHY HEART (5 MINUTES)

- This is a great way for children to connect with each other through short games that raise the heart rate. The key here is that everyone is involved all of the time to raise the heart rate of each individual.

SKILLS ROTATION (30 MINUTES - 10 MINUTES PER ACTIVITY)

- Keep track of time, each activity should run for approximately 10 minutes.
- Use your whistle to stop an activity before rotating to the next station.
- Have participants pack up and return the equipment at the end of the Skills Rotation as you may need this equipment and space for the Connector Game.

CONNECTOR GAME (20 MINUTES)

- These small sided games are an opportunity for participants to put into practice skills learnt throughout the session. They are fun games that can be played by ANYONE, ANYTIME, ANYWHERE, with ANYTHING.

REFLECTION AND PACK UP (5 MINUTES)

- Participants pack up, return the equipment and gather in the Central Teaching Area.
- Ask reflective questions on the new skills learnt and how today's session has championed cricket's purpose of inspiring, uniting and empowering communities.
- Gather quick feedback from participants about the session, it's a great way to ensure they are loving their quality cricket experience.
- Encourage participants and families to discover the criio app which enables anyone to PLAY physical games of social cricket anywhere and at any time – all that's needed is a bat and a ball.

FACILITATOR TIPS

- Each session will offer suggestions on how to make skills easier and harder, as well as provide different options for equipment, alternative equipment, and even ideas on how to make your own equipment.
- Remember repetition is beneficial to success.
- Make sure you have a smile on your face and are full of energy because if participants see you enjoying yourself then they'll have more fun too!

SESSION 1

EXPLORING, THROWING, CATCHING AND STRIKING



Learning Intentions

To explore, throw, catch and strike in a fun and positive way.



Success Criteria

- ✓ I can catch in a variety of ways
- ✓ I can throw in a variety of ways
- ✓ I can strike a moving ball
- ✓ I can **INSPIRE** others by letting them know they have been amazing

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 1

Set up ready for children as they arrive.



Engagement Activity



HEALTHY HEART: THREE WHISTLES

5 Mins

Each time the whistle sounds participants need to respond as per below:

1 x Whistle – Walk

2 x Whistles – Jog

3 x Whistles – Hop and shake hands



x 1



x 2



x 3

Skill Session 1

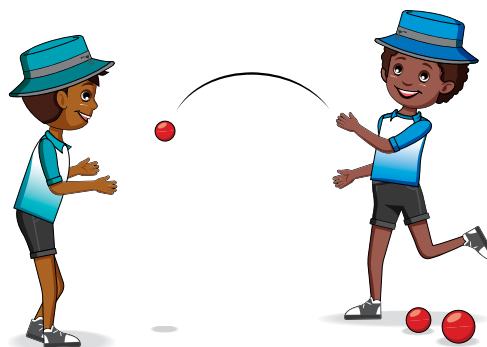
CATCHING: PARTNER CATCH

10 Mins

Level 1 Partner catch with a large object x 30 attempts.

Level 2 Partner catch with a medium object x 40 attempts whilst walking within the area.

Level 3 Partner catch with a small object x 50 attempts whilst jogging within the area.



Skill Session 2

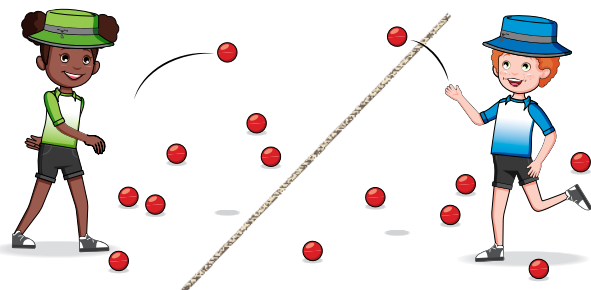
THROWING: CLEAN YOUR BACKYARD 10 Mins

The playing area is split into two halves with each half full of soft throwing items. The object of the game is to have the smallest number of items on your side when the teacher says "STOP".

Level 1 Rolling or underarm throwing.

Level 2 Overarm throwing.

Level 3 Bowling.



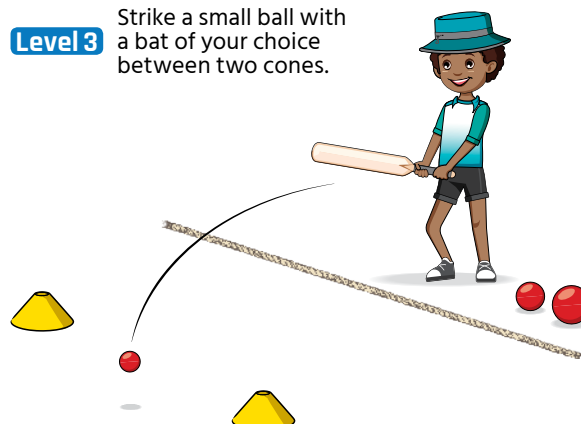
Skill Session 3

STRIKING: MOVING BALL 10 Mins

Level 1 Strike a large ball with a bat of your choice between two cones.

Level 2 Strike a medium ball with a bat of your choice between two cones.

Level 3 Strike a small ball with a bat of your choice between two cones.

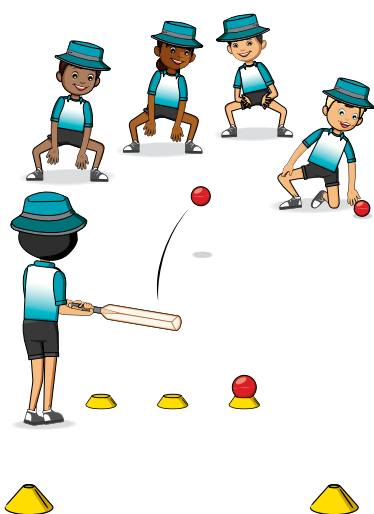


Connector Game

RAPID FIRE REIGN 20 Mins

The batter hits the balls and runs around the cones as many times as possible. 1 point is awarded per lap of the cones.

The batter changes after the balls have been returned to their home position by fielders.



Reflection

5 Mins

- How do you feel now that you have been active?
- How can you use throwing outside of cricket?
- How can you use catching when someone is throwing?
- Give 5 people a high five and tell them "You were awesome today!"
- Did you respect yourself and give maximum effort during games and activities?



CHANGE IT

MAKE IT EASIER

- Using adapted equipment to throw e.g. Scarfs instead of balls, bean bags instead of balls, larger ball for catching.
- Using a wall or something that allows a ball to return to thrower to help with throw and catch against.
- Allow a bounce before a catch.

MAKE IT HARDER

- Increase distance between partners.
- Using non dominant hand for throw and catch.
- Add a minute to win it approach to challenge a catch.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative:
 - Rolled up newspaper
- Stumps – Traditional as well as what is available e.g. rubbish bins, trees, park benches etc.

SESSION 2

THROW, CATCH, STRIKE STARTERS



Learning Intentions

To explore throw and catch in a fun and positive way.

To start striking a moving ball.



Success Criteria

- ✓ I can catch in a variety of ways
- ✓ I can throw in a variety of ways
- ✓ I can strike a moving ball
- ✓ I can **INSPIRE** others by playing respectfully

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 1

Set up ready for children as they arrive.



Engagement Activity



HEALTHY HEART: HANDSHAKES IN ONE MINUTE

 5 Mins

- Ask what makes a respectful handshake.
- Give participants practice time.
- One minute to do as many handshakes as possible.
- **Change It** Invent your own unique handshake.



Skill Session 1

CATCHING: INDIVIDUAL

 10 Mins

- Level 1** Walk the rope whilst catching to yourself.
- Level 2** Jog whilst catching to yourself with high and low throws.
- Level 3** Jog whilst catching one-handed with a variety of throws.

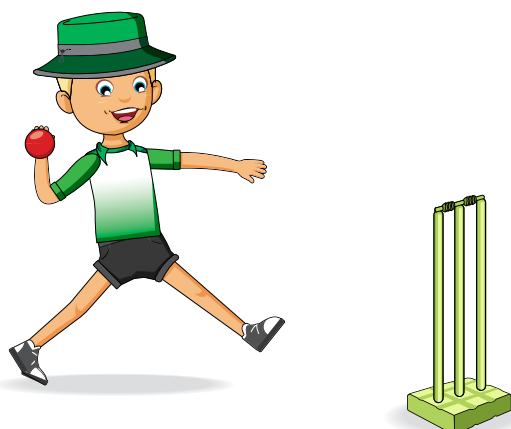


Skill Session 2

THROWING: TESTING YOUR RANGE



- Level 1** Throw and hit a target at short range.
- Level 2** Throw and hit a target at medium range.
- Level 3** Throw and hit a target at long range.

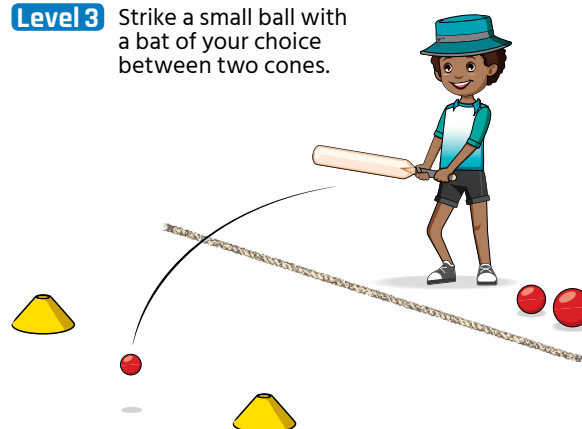


Skill Session 3

STRIKING: MOVING BALL



- Level 1** Strike a large ball with a bat of your choice between two cones.
- Level 2** Strike a medium ball with a bat of your choice between two cones.
- Level 3** Strike a small ball with a bat of your choice between two cones.

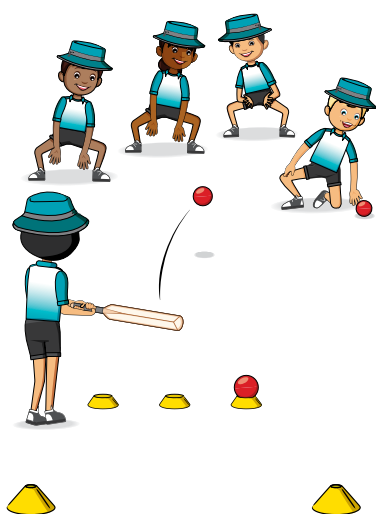


Connector Game

RAPID FIRE REIGN



- The batter hits the balls and runs around the cones as many times as possible. 1 point is awarded per lap of the cones.
- The batter changes after the balls have been returned to their home position by the fielders.



Reflection



- How has your throwing and catching improved?
- What can you strike that might be thrown to you?
- Give 5 people a high five and tell them "You were awesome today!"
- Did you respect your teammates and friends by being helpful and supportive?



CHANGE IT

MAKE IT EASIER

- Use larger bats and balls to strike.
- Increase the size of the target area.
- Shorten the distance to the target.

MAKE IT HARDER

- Use a smaller bat and ball to strike.
- Use both sides of your body to throw and strike.
- Aim at a moving target.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative:
 - Rolled up newspaper
- Stumps – Traditional as well as what is available
 - e.g. rubbish bins, trees, park benches etc.
- Targets – Look around your area

SESSION 3

THROW, CATCH, STRIKE BUILDS AND BOWLING STARTERS



Learning Intentions

To combine throw and catch in small sided games. To strike a moving ball using a bat of your choice. To start bowling a ball towards a target.



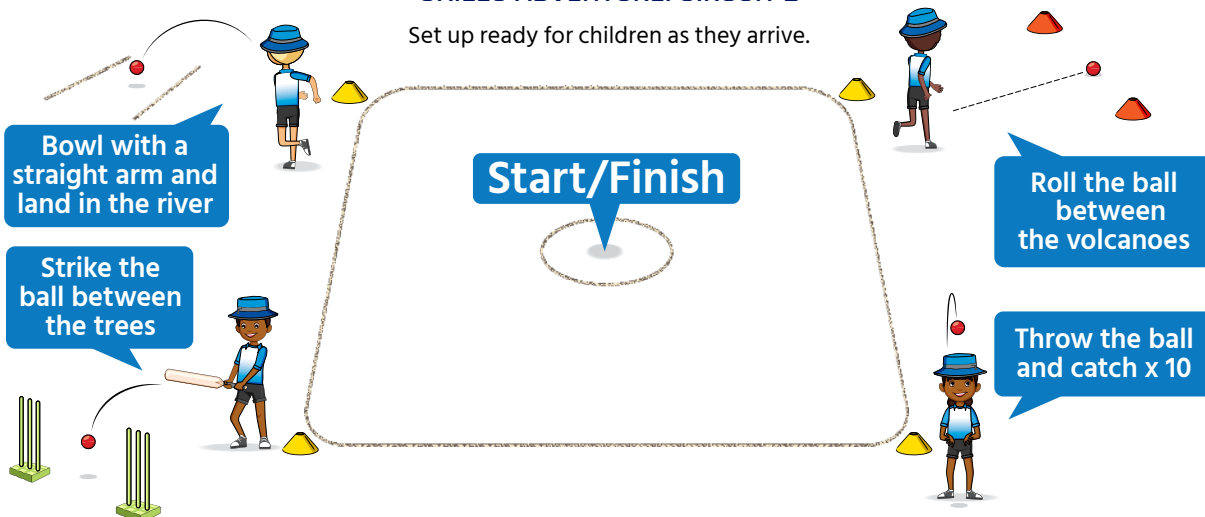
Success Criteria

- ✓ I can throw an object into a strike zone
- ✓ I can strike a moving ball of my choice
- ✓ I can throw an object into a strike zone
- ✓ I can **UNITE** others through teamwork and working in a small group

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 2

Set up ready for children as they arrive.



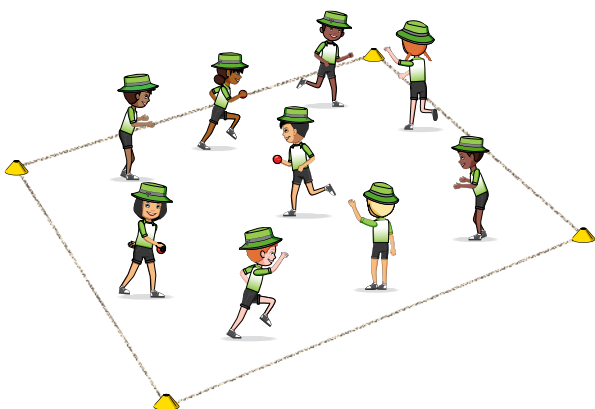
Engagement Activity



HEALTHY HEART: SNOWBALL TAG

5 Mins

- Select children to be "it".
- They attempt to tag others with ball.
- If tagged they get themselves a ball.
- They tag others yet to be tagged.

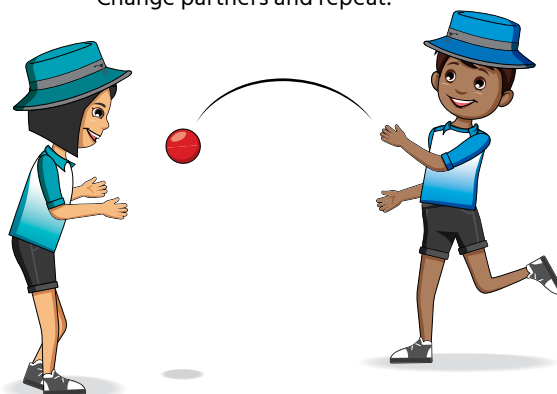


Skill Session 1

THROW/CATCH: REPEAT THE LOOP

10 Mins

- Level 1** Throw against wall and catch 20 times. Change throwing stance and repeat.
- Level 2** Throw & Catch on your own 20 times. Change location and repeat.
- Level 3** Throw & Catch with a partner 20 times. Change partners and repeat.



Skill Session 2

STRIKING: PROTECT YOUR CASTLE



Children to build a castle using 5 items.

- Level 1** Strike a large ball bowled to you 10 times in a row without your castle getting hit. Swap over after 10 efforts.
- Level 2** Strike a medium ball bowled to you 10 times in a row without your castle getting hit. Swap over after 10 efforts.
- Level 3** Strike a small ball bowled to you 10 times in a row without your castle getting hit. Swap over after 10 efforts.

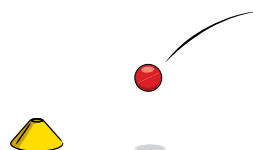


Skill Session 3

BOWLING: PERSONAL TARGETS SHORT RANGE



- Level 1** Set up a small target (soccer ball size) and bowl your ball from 10 steps away. How many times can you hit the target in the given time? If you hit it 3 times in a row move to the next level.
- Level 2** Set up a medium target and bowl your ball from 15 steps away. How many times can you hit the target in the given time? If you hit it 3 times in a row move to the next level.
- Level 3** Set up a large target and bowl your ball from 20 steps away. How many times can you hit the target in the given time?

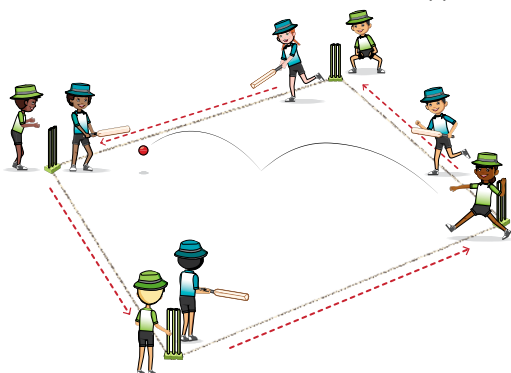


Connector Game

AROUND THE WORLD



- After striking the bowled ball, the batters run to the next set of stumps (1 point) while the fielders and bowlers try to get them out by catching the ball, hitting the stumps, or hitting the stumps while batter is running between them (5 points). Bowl the ball continuously. Teams change after 5 minutes.
- Advanced Rules: One hand one bounce, Tippity Run



Reflection



- How were you able to hit a target with a throw?
- Which bat was easier or harder to hit a ball through two cones?
- Give 5 people a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Roll the ball to partner.
- Allow the strike of a still ball.
- Create larger targets to hit into.

MAKE IT HARDER

- Use non-dominant hands to throw and strike.
- Throw at a moving target.
- Create smaller targets to hit into.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative:
 - Rolled up newspaper
- Stumps – Traditional as well as what is available e.g. rubbish bins, trees, park benches etc.
- Targets – Cones, natural targets

SESSION 4

CATCH, STRIKE STARTERS AND BOWLING



Learning Intentions

To combine throw and catch in small sided games.

To throw, strike and bowl towards a target area.



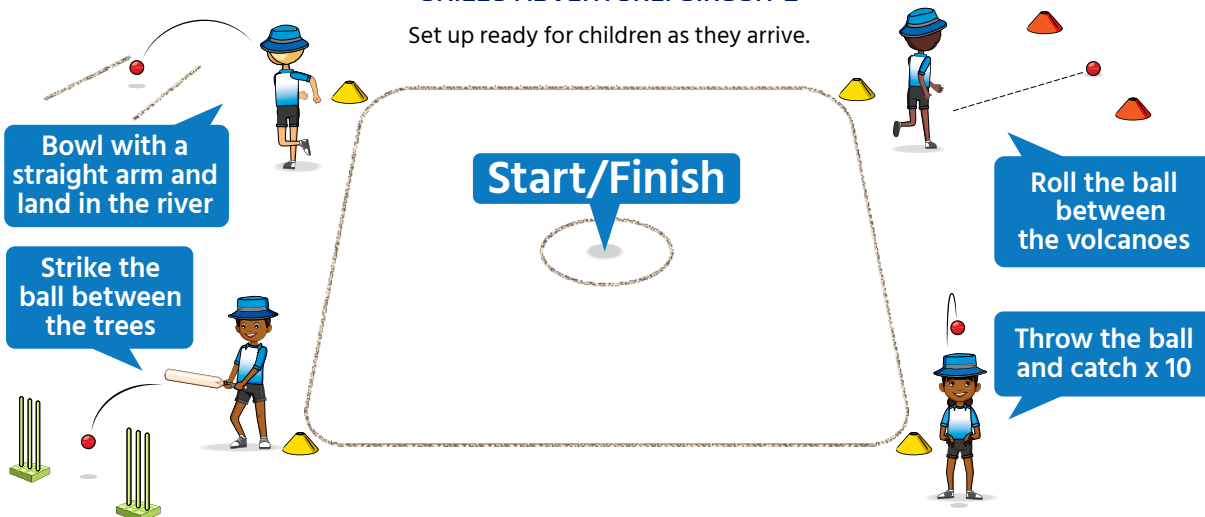
Success Criteria

- ✓ I can bowl a ball into a strike zone
- ✓ I can catch at different distances
- ✓ I can strike an object towards a target using various items
- ✓ I can **UNITE** and work with others to throw and catch

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 2

Set up ready for children as they arrive.



Engagement Activity

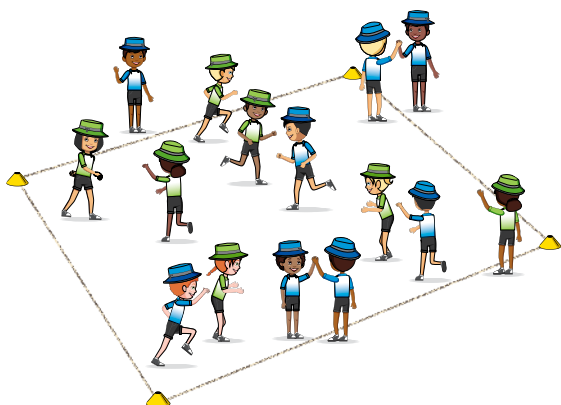


HEALTHY HEART: BOWLING TAG



5 Mins

- Select children to be "it".
- They tag others without a sash.
- If tagged extend one arm in the air.
- Recieve a high five with a bowling action to get back in.



Skill Session 1

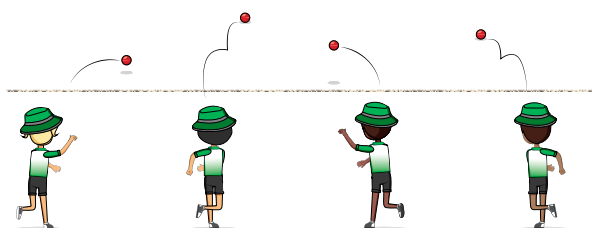
BOWLING: CROCODILE CREEK



10 Mins

- Level 1** Bowl your ball from a standing position and land your ball inside the creek 3 times. If you do so try Level 2.
- Level 2** Bowl your ball from a short jogging run up and land your ball inside the creek 5 times. If you do so try Level 3.
- Level 3** Bowl your ball from a short faster run up and land your ball inside the creek 5 times.

You may have to alter where you bowl from in order to give you more room to bowl.

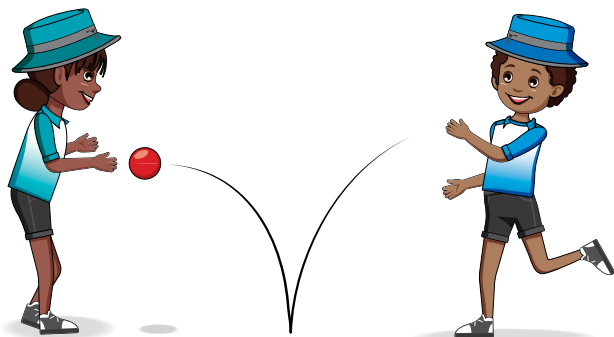


Skill Session 2

CATCHING: STEP BACK



- Level 1** Throw/Catch with a bounce throw.
- Level 2** Throw/Catch with an underarm.
- Level 3** Throw/Catch with an overarm throw.

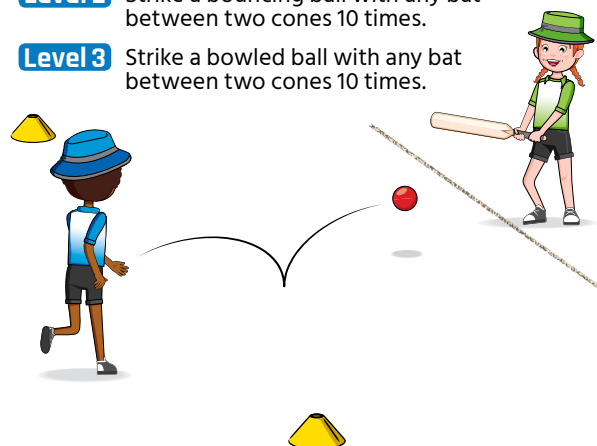


Skill Session 3

STRIKING: HITTING THE GAPS



- Level 1** Strike a rolled ball with any bat between two cones 10 times.
- Level 2** Strike a bouncing ball with any bat between two cones 10 times.
- Level 3** Strike a bowled ball with any bat between two cones 10 times.

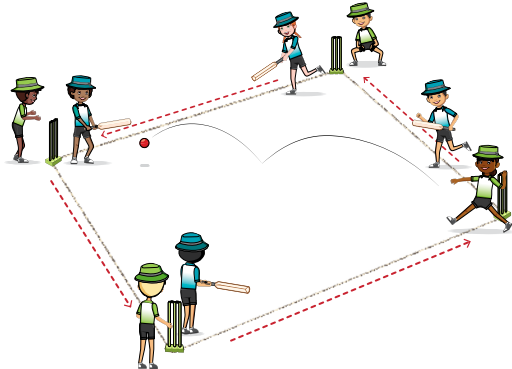


Connector Game

AROUND THE WORLD



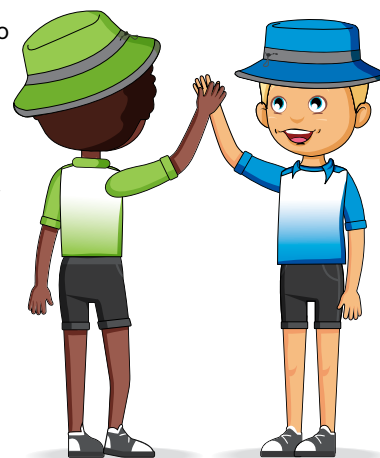
- After striking the bowled ball, the 4 batters run to the next set of stumps (1 point) while the fielders and bowlers try to get them out by catching the ball, hitting the stumps, or hitting the stumps while batter is running between them (5 points). Bowl the ball continuously. Teams change after 5 minutes.
- Advanced Rules: One hand one bounce, Tippet Run



Reflection



- How were you able to hit a target with a throw?
- Which bat was easier or harder to hit a ball through two cones?
- Give 5 people a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Use a larger ball to throw and catch.
- Use a larger target to bowl towards.
- Roll a ball towards a batter to strike it.

MAKE IT HARDER

- Use a smaller ball to throw and catch.
- Try bowling at pace.
- Have a bowler bowl faster before you strike it.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative:
 - Rolled up newspaper
- Stumps – Traditional as well as what is available
 - e.g. rubbish bins, trees, park benches etc.
- Targets – Cones, natural targets

SESSION 5

MOVE AND CONTROL, STRIKE CONTROL



Learning Intentions

To move in a variety of ways whilst throwing and catching an object.

Use small sided games to improve striking.



Success Criteria

- ✓ I can move in the direction of an object coming towards me
- ✓ I can move whilst throwing at target
- ✓ I can control my bat to hit in 3 or more ways
- ✓ I can **INSPIRE** others by helping them have fun

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 3

Set up ready for children as they arrive.



Engagement Activity

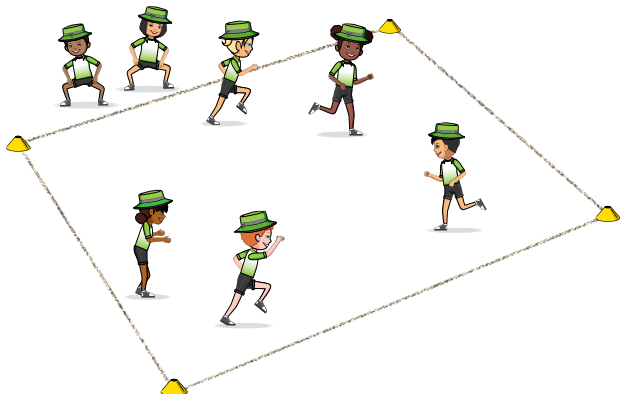


HEALTHY HEART: EVERYONE'S IT



5 Mins

- Everyone's "it".
- If tagged, perform a short fitness activity to re-enter the game (eg. 5 squats, 2 push ups in designated area).



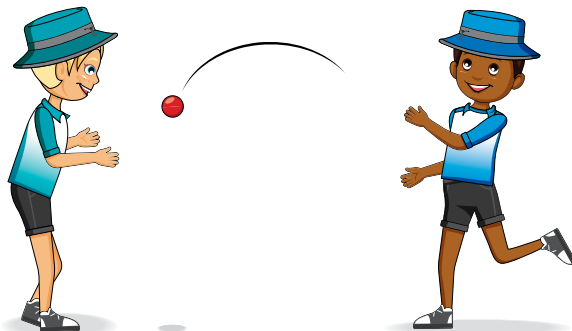
Skill Session 1

CATCHING: PARTNER CHALLENGES



10 Mins

- Level 1** Partner catches x 30 (count out loud). Call "HOWZAT" when finished.
- Level 2** Whilst walking around with partner, throw and catch x 50 (count out loud). Call "HOWZAT" when finished.
- Level 3** Whilst walking around with partner, throw and catch x 70 (count out loud). Call "HOWZAT" when finished.

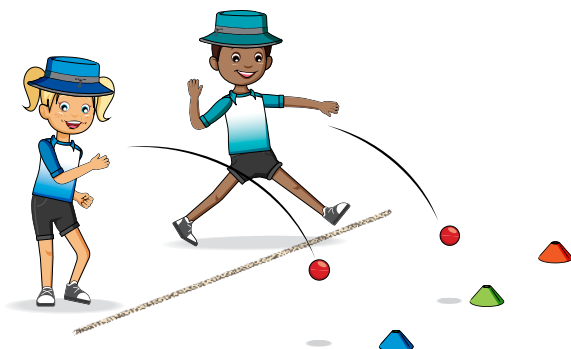


Skill Session 2

THROWING: TARGET BALL



- Level 1** Use one ball, hit three objects in one minute with an overarm throw.
- Level 2** Use two balls to hit two objects in two minutes with an overarm and underarm throw.
- Level 3** Use three balls to hit one object in three minutes with an overarm, underarm throw and a throw whilst moving sideways.



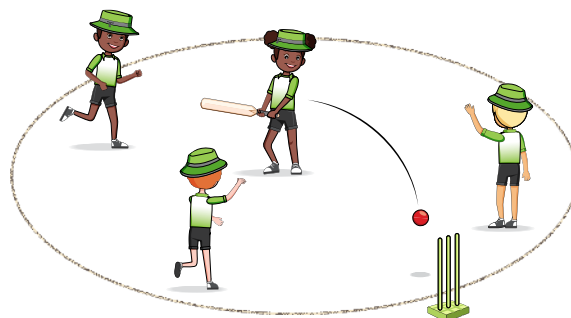
Skill Session 3

STRIKING ZONES: COLLECTING POINTS



Create a circle around the batter between 5 metres wide and 20 metres wide.

- Level 1** Strike an object and outside the area.
- Level 2** Strike an object and outside the area with it hitting the ground.
- Level 3** Strike an object so that it remains inside a small area close to the batter.



Connector Game

ANYWHERE CRICKET



- Select the equipment you need for your game.
- Select a location for your game (be very creative).
- What rules will your game play by?
- How does everyone get a chance to bowl and bat?
- How do you score runs?
- When does the game finish?



Reflection



- How were you able to catch more objects?
- How many points did you achieve in Striking Zones?
- Did you help others have fun today?
- Give 5 people a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Use larger balls to allow catching and striking to be easier.
- Use a larger bat in striking for greater contact.
- Work with a partner who is a similar ability as you.

MAKE IT HARDER

- Use a smaller ball for the striking activity.
- Use a bouncer ball for each of the catching activities.
- Work with a partner that has a better throw than you so that your catching and striking are tested.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative: Rolled up newspaper
- Stumps – Traditional as well as what is available e.g. rubbish bins, trees, park benches etc.
- Targets – Cones, natural targets

SESSION 6

MOVE AND CONTROL, STRIKE AND BOWLING CONTROL



Learning Intentions

To move in a variety of ways whilst throwing and catching an object.

Use small sided games to improve striking and bowling.



Success Criteria

- ✓ I can move in the direction of an object coming towards me
- ✓ I can move whilst throwing at a target
- ✓ I can control my bat to hit in 3 or more ways
- ✓ I can bowl towards a target
- ✓ I can **UNITE** people by helping others feel welcome

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 3

Set up ready for children as they arrive.



Engagement Activity

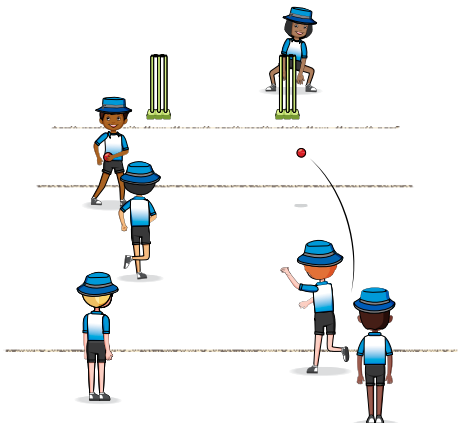


HEALTHY HEART: RIVER BOWLING RACE



5 Mins

- 3 to 4 participants per team. Participant 1 is the bowler. Participant 2 is the wicket keeper. Participant 3/4 is waiting to be the next bowler. Everyone rotates one spot after the ball has been bowled.



Skill Session 1

CATCHING: PERSONAL CHALLENGES



10 Mins

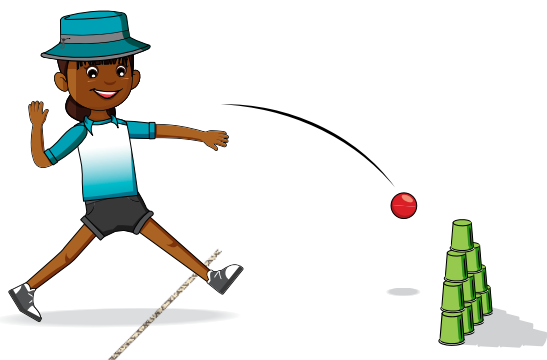
- Level 1** Throw object in the air then clap and catch on your own. What's your record?
- Level 2** Throw object in the air then clap then catch with one hand. What's your record?
- Level 3** Throw ball upwards, let bounce, pick up small rock or stick then catch ball.



Skill Session 2

THROWING: CUP STACK AND STRIKE 10 Mins

- Level 1** Build a cup stack using 10 cups then run back to a line and throw to knock down 5 times.
- Level 2** Build a cup stack using 6 cups then run back to a line and throw to knock down 5 times.
- Level 3** Build a cup stack using 3 cups then run back to a line and throw to knock down 5 times.

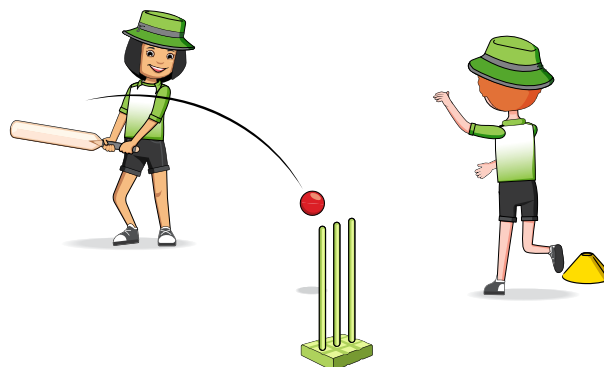


Skill Session 3

BOWLING: STRIKING 10 Mins

- Each team builds a small target 5 metres apart.
- A team will have a batter and bowler at opposite ends.
- Batter stands behind target and hits a ball thrown to them towards the target.

Points: Hit target = 3 points, Bowler catch = 3 points

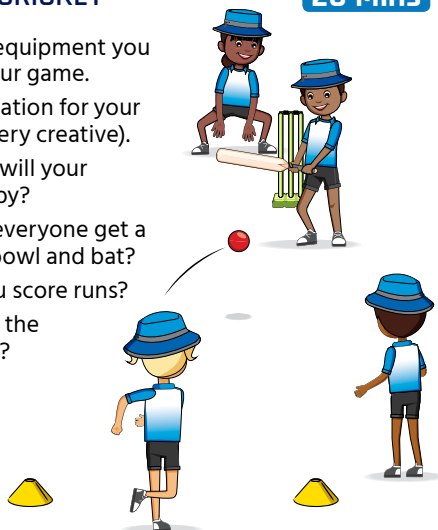


Connector Game

ANYWHERE CRICKET

20 Mins

- Select the equipment you need for your game.
- Select a location for your game (be very creative).
- What rules will your game play by?
- How does everyone get a chance to bowl and bat?
- How do you score runs?
- When does the game finish?



Reflection

5 Mins

- Were you able to hit a target whilst running backwards?
- How did you use teamwork today?
- Did you talk to people you don't normally socialize with? Give them a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Add a more experienced player in each group.
- Reduce the pace of the delivery.
- Indicate where this group will be playing.

MAKE IT HARDER

- Select a varying gradient for bowlers to bowl on.
- Play in areas where trees are present.
- Increase the opportunity for scoring bonus runs.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative:
 - Rolled up newspaper
- Stumps – Traditional as well as what is available
 - e.g. rubbish bins, trees, park benches etc.
- Targets – Cones, natural targets

SESSION 7

BUILD YOUR GAME



Learning Intentions

To use multiple skills when involved in small sided games.
To encourage your team and help them understand the game.



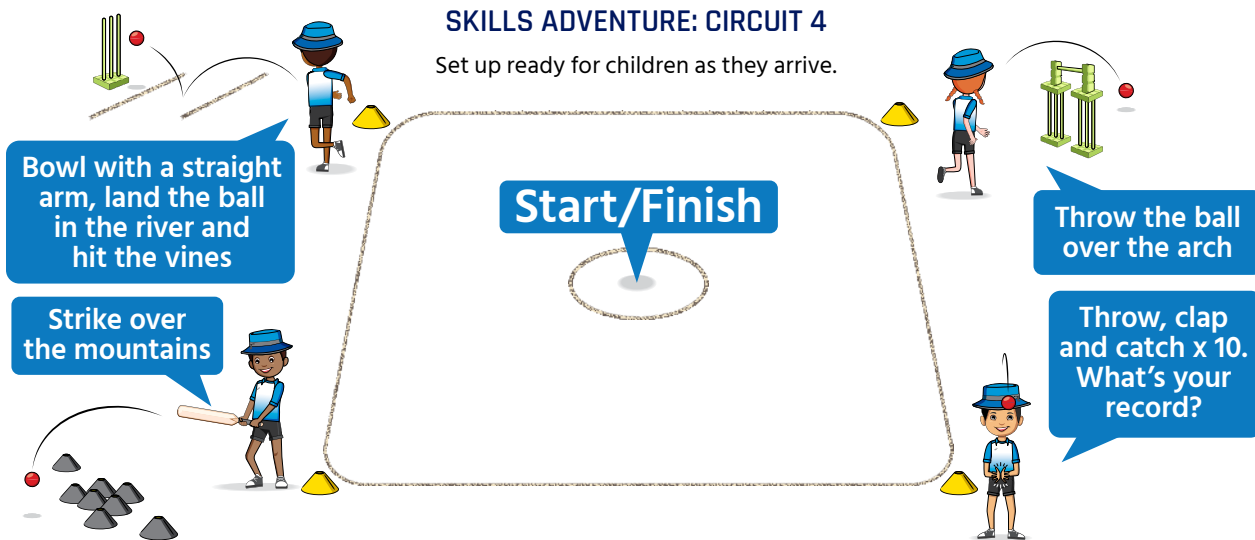
Success Criteria

- ✓ I can **INSPIRE** people by using positive language to help and encourage others in my team
- ✓ I can **UNITE** people by explaining how to play our game to others
- ✓ I can demonstrate **EMPOWERMENT** by using different ways to add value to my team

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 4

Set up ready for children as they arrive.



Engagement Activity



HEALTHY HEART: OPPOSITES

Group moves around playing area according to the instructions below:

- Level 1** Walk/Stop
- Level 2** Hop/Clap
- Level 3** Jog/Make chicken noise
- Level 4** Walk means stop!
- Level 5** Clap means hop!
- Level 6** Make chicken noise means jog!



Stage 1

BUILD YOUR GAME



Your Game: in groups of 6

- Select 5 rules to play by.
- Select 5 pieces of equipment to play with.
- Now go and create your game...



Stage 2

ADJUST YOUR GAME



- Batters to select any bat to play with.
- Bowlers to select any ball to bowl with.
- Batters and bowlers to select any item to bat or bowl with.

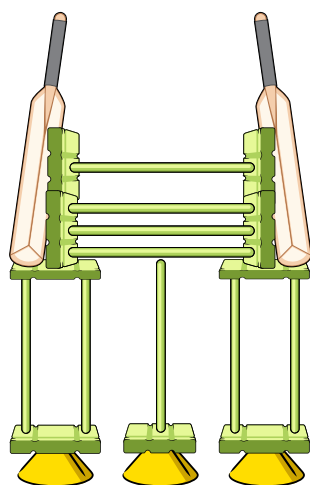


Stage 3

PACK UP CHALLENGE: BUILD THE HIGHEST TOWER



- Each team should have 10 items from the kit bag.
- On "go" they have 5 minutes to build the highest tower.



Reflection



- How were you at working as a team?
- Did you use positive language? If so can you share?
- Give 5 people a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Reduce the rules allowed.
- Have a more experienced player in each group.
- Use more adapted gear for students to use.

MAKE IT HARDER

- Limit the equipment to non-cricket equipment.
- Change the pitch size.
- Change the field size.



Suggested Equipment

- Range of throwing objects:
 - Different ball sizes – large, medium, small
 - Different soft items/toys to throw, catch and strike
- Ropes or lines in the ground
- Bats – Traditional as well as creative: Rolled up newspaper
- Stumps – Traditional as well as what is available e.g. rubbish bins, trees, park benches etc.
- Targets – Cones, natural targets

SESSION 8

ANYWHERE CRICKET



Learning Intentions

To use multiple skills when involved in small sided games.

To encourage your team and help them understand the game.



Success Criteria

- ✓ I can **INSPIRE** people by using positive language to help and encourage others in my team
- ✓ I can **UNITE** people by explaining how to play our game to others
- ✓ I can demonstrate **EMPOWERMENT** by using different ways to add value to my team

Unofficial Start

SKILLS ADVENTURE: CIRCUIT 4

Set up ready for children as they arrive.

Bowl with a straight arm, land the ball in the river and hit the vines

Strike over the mountains

Start/Finish

Throw the ball over the arch

Throw, clap and catch x 10. What's your record?

Engagement Activity



HEALTHY HEART: SHADOWS

- Paired activity.
- Work out who is partner 1 and who is partner 2.
- Upon go, partner 1 moves around the space with partner 2 following them like a shadow.
- When whistle sounds, they swap roles.



5 Mins

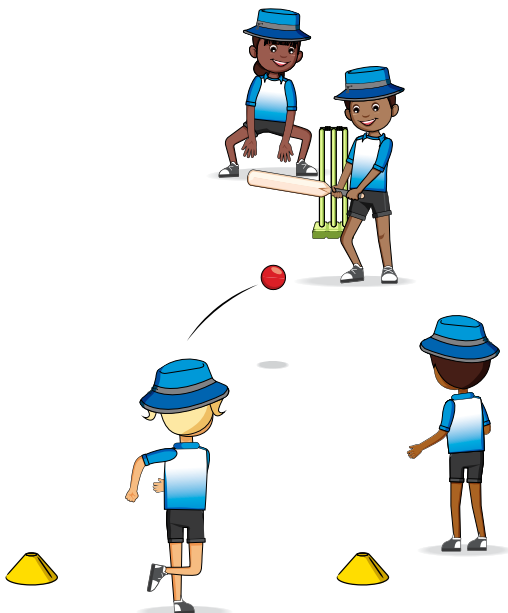


GAME

ANYWHERE CRICKET



- **ANYONE** Split your small group into two teams.
- **ANYWHERE** Where are you going to play?
- **ANYTIME** What is your scoring method?
- **ANYTHING** What are you going to play with?
- **PLAY YOUR GAME** Now go out and have some fun...



Reflection



- How were you at working as a team?
- Did you use positive language? If so can you share?
- Give 5 people (you haven't yet given) a high five and tell them "You were awesome today!"



CHANGE IT

MAKE IT EASIER

- Add a more experienced player in each group.
- Reduce the pace of the delivery.
- Indicate where this group will be playing.

MAKE IT HARDER

- Select a varying gradient for bowlers to bowl on.
- Play in areas where trees are present.
- Increase the opportunity for scoring bonus points.



Suggested Equipment

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